

# First Aid for Mental Health: One Day Course



## First Aid for Mental Health: One Day Course

This one day course covers the half day course content, including starting the conversation about mental health, and expands this knowledge to include the effects of drugs and alcohol on mental health. The First Aid for Mental Health Action Plan is also covered on this course, as well as how a positive mental health culture can be supported within a workplace.

### Who Should Attend?

Anyone who is older than 14 years old would benefit from attending this course. A maximum of 16 students are allowed on the course at one time. If you have more than 16 students interested in this course at the same time, please get in contact with us.

### Pricing:

The cost per participant on this course is £100, which includes a lunch on the day.

Please note that no refunds will be issued if the participant cancels seven working days before the start of the course.



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This course is provided in conjunction with Managing  
Excellence Through Training (METT)

For further information about the short courses we offer call  
our team on 01908 366258 or email [info@devu.co.uk](mailto:info@devu.co.uk)